



Motivational Interviewing for Nutrition and Health Coaching

COURSE LEARNING OBJECTIVES

- Recognize communication roadblocks that hinder change in clients
- Understand the overall Motivational Interviewing process and how it pertains to healthcare, nutrition and coaching
- Identify how Equipose affects the Motivational Interviewing process and change management
- Deepen your empathy skills to help gain client engagement
- Recognize resistance talk, sustain talk and change talk and learn strategies for navigating them
- Recognize and decrease resistance with challenging clients/individuals
- Operationalize a reliable way of discussing and practicing MI's heartset and mindset

DAY 1

Foundations of Motivational Interviewing

- **ACTIVITY:** "Find a Therapist _"
- **Roadblocks to effective communication**
 - Unsolicited Advice/Suggestions
 - Praise Vs. Affirmation
- **ACTIVITY:** Client experience "MI Spirit"
- **ACTIVITY:** What's Your Challenge
- Stage matching
- Four MI processes overview
- Optional Video

DAY 2

Four Process Stages of Change & Resistance Physics

- **QUIZ:** What have you learned & how it applies
- Equipose, Righting Reflex, Resistance
 - VIDEO Example
- **ACTIVITY:** Pitching/Batting practice
- Debrief and Application in Groups

DAY 3

Four Process with Engagement & Focus

- **QUIZ:** What have you learned & how it applies
- Focus Mountain
- **VIDEOS:** 'Dear Me,' series
- **ACTIVITY:** Tower to Values
- MICA 5 MI Intentions
- VIDEO Diabetes Example
- Debrief Video

DAY 4

Four Process with Plan & Pursue

- **QUIZ:** What have you learned & how it applies
- Types of 'Talk'
- **CLICKERS:** Types of Talk QUIZ
- MICA 2 Strategies
- VIDEO Compare Contrast
- Final Activity "Now Try This"
- Resources & Opportunities